

## Help to Make Her Dream Come True



The agony of blood and tears which swept over Belgium has left nearly two millions of its people absolutely without food or money. Because they scorned to sell their national honor—because they dared to fight for the right, against odds that were overwhelming—because by their sacrifice they saved the day for us and our Allies—they are face to face with grim starvation.

The wives, mothers and children of King Albert's gallant soldiers, dream not of pleasures and luxuries, but of BREAD! They are helpless to provide it themselves—and the Belgian Relief Commission, efficient though it is, can only procure it for them with cash supplied by the voluntary contributions of people like ourselves. The

## Belgian Relief Fund

is provided almost entirely by the British Empire and the United States, and administered by a neutral "Commission for Relief in Belgium", co-operating with the "Belgian Public Food Supply Society".

This Commission has for months been the sole means of providing food for the Belgian people—for the Germans positively refuse to feed their victims. Some 5,000,000 are still able to pay for the food, while nearly 2,000,000, absolutely destitute, must be fed free.

For money to buy food for these Belgians, the Commission appeals to us all. If we do not furnish it—if we sit back in plenty and let our heroic Allies seal their sacrifice with their lives—we shall be eternally disgraced!

Send your subscriptions weekly, monthly or in one lump sum to Local or Provincial Committees, or to the

Central Executive Committee, 59 St. Peter St., Montreal

**\$2.50 Feeds A Belgian Family A Month.**

## NEW YORK SHOES

### CANADIAN WHEAT

How Various Parts of the World are Answering the Appeal for the Destitute Belgians.

Brussels, Jan. 14.—J. Ingenbeck, secretary to His Majesty King Albert of Belgium, has just sent a cablegram to Mr. Henry Clews, of New York, expressing the gratitude of the Belgian sovereigns and their subjects for the work of the Dollar Christmas Fund of New York. The object of this fund, which was inaugurated shortly before Christmas, was to raise money for the purchasing of shoes for the destitute, and in many cases homeless children of Belgium. The response to the appeal was spontaneous and generous, and already between \$60,000 and \$70,000 has been raised and the fund is being continued for the receipt of more donations. Under the dispensing of this money many a cold little foot has been shod with warm boots.

While the results of the New York fund are being felt among the needy of Belgium, preparations are being made for the shipment of wheat that is being expected shortly from Canada. New York has provided the most essential article of clothing, but to Canada Belgians are looking for the even greater necessity—food. Already word has been received from the offices of the Belgian Relief Committee, 59 St. Peter street, Montreal,

that the response to the appeal made recently to Canadians, has, so far, been generous and well over \$36,000 has been received, and purchasing of wheat will be commenced at once.

The dire necessity in which the Belgians have been plunged by the war, resulting from the suddenness with which hostilities descended upon them and the subsequent seizure of supplies by the German invaders, has placed Belgium in such a position that her appeal is merely for the one staple, wheat, with which to make the bread which has become the sole nourishment for many thousands.

Canada is the one place to which Belgium can look for wheat, and Canada must give generously to save three million people from starvation this winter. One bag of flour, or the small figure of \$2.50, will keep one Belgian from starvation a month.

### Help For Mrs. Newlywed.

"I wish I knew how to get a cake out of the pan after baking without breaking it," remarked Mrs. Newlywed.

"After taking from the oven, stand the pan on a cloth wrung out of hot water. Leave for a few minutes and then turn out and you will find it will come out without any trouble," directed Mrs. Neighbor.

## For Mental and Physical Efficiency

There must be efficiency in digestion—but first, and more important, the food must possess sound nourishment.

In this respect no food supplies in more splendid proportion, all the nutritive elements of the field grains and is at the same time so fully processed for easy, quick digestion as

## Grape-Nuts

This famous pure food, made of whole wheat and malted barley, retains the vital mineral salts of the grains—so lacking in many foods—but all-important in building brain, nerve and muscle.

There's a wonderful return of mental and physical vigor for the small tax upon the stomach in the digestion of Grape-Nuts.

### "There's a Reason"

Made in Canada.

Sold by Grocers everywhere.

Canadian Postum Cereal Co., Ltd., Windsor, Ontario.

## LETTER FROM A MEMBER OF FRENCH FOREIGN LEGION

Dr. David E. Wheeler, a Well Known American Sportsman Who Has Hunted in the Miramichi Relates His Experience in a Letter to Henry Braithwaite TOOK PART IN BIG DRIVE AND WAS WOUNDED

Joined the Legion as a Surgeon But Found the Work to Tame and Went Into the Ranks—He is Planning a Fishing Trip to the Miramichi This Year.

Mr. Henry Braithwaite, the well-known guide of this city, recently received a very interesting letter from Dr. David E. Wheeler, of Buffalo, N. Y., a well known big game hunter who is now serving with the French Foreign Legion. Dr. Wheeler has made many trips to the Miramichi woods, and is known as one of the most popular and gentlemanly sportsmen who ever visited this province. While sitting around the camp fire in the Miramichi woods, he declared over and over again that if war ever broke out between England and Germany he would get into the fight on the side of England if it was possible to do so. He was as good as his word and lost no time in getting to France after war was declared in August, 1915.

Being a skillful physician and surgeon, he started in at hospital work, but found it altogether too tame, and when things began to warm up a bit he pitched his job and enlisted in the French Foreign Legion. He took part in the big drive on the western front in September last, and was severely wounded. His letter to Mr. Braithwaite follows:

American Embassy,  
Paris, France.

When I returned from a fishing trip a year ago last September, I went to France to work in Mrs. Depew's hospital. I stayed there for three months but it was too near the shooting. I could not stand having so much firing without taking a hand in it myself. The French are the only people at war who will enlist foreigners, so I joined the "Strangers' Legion," a rough bunch from all over the world, the majority from the Latin races. They are fine for charging and love to use steel, but are hardly steady enough to use their rifles well. We had a great deal of training and I did not get to the trenches until the middle of May. I hoped to do some sniping there, but at first anyway, not being French, we were not wanted for this work. I slipped off on the sly one night to look for Germans in a little wood about two hundred yards from our advanced post. It was lots of fun, but I did not find anyone, and would have gotten into trouble for leaving my station had not my sergeant stood up for me. We only stayed in the trenches a short time and were billeted in little villages all summer. Once we went into Alsace, and that made a very interesting change.

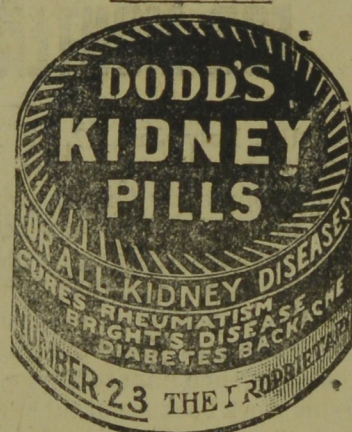
I was much criticized for carrying a breast strap instead of a knapsack, but as I always was able to carry as much and go as far as anyone, I managed to get away with it. My bunkie was an Englishman named Elkington. At last on September 20th we were moved into Champagne. We were in reserve during the bombardment and only lost one lieutenant. When the Germans surrendered their first line we moved up under a light shell fire. One of the Americans in the Legion had been checked by his adjutant for being untidy in his dress. He got all plastered with mud by a shell. Then he added to the effect by pulling one trouser leg out of his gaiters, letting it hang down, and, cocking helmet, pipe and rifle at different angles, he was sure a disreputable looking object when he called out to the adjutant, "Am I tidy enough for you now?"

It was September 28th before we went into action. The intermittent shell fire up to this time had only accounted for ten per cent. of our men. Then, in the afternoon, we advanced, but got caught in a fire from three sides. The regiment stood it wonderfully well and kept its formation until only 130 men were left. These were widely separated in small groups without officers or knowledge of what the manoeuvre was in which they were taking part, and so took shelter in a French trench, where a sergeant got them together and held them until dusk. They were then set to work carrying wounded to the rear. I was one of the last ones, but a ricochet

cut the leg muscles in my calf. The wound is doing finely and should be healed in six weeks, but I fear I will never be much use with a pack-strap again.

I hope to do medical work before the wound heals, as I walk a little now, and on crutches can go two or three miles. I hope to have a fishing trip with you this summer if I can afford it.

Speaking of Dr. Wheeler, Mr. Braithwaite described him as a game sportsman and one who was not in the least afraid of hard work. "He has made many trips with me," said the veteran guide, and he usually brought his wife along with him. He is a great lover of woodcraft and adventure and one of the most companionable men I have ever met. He always told me he would take a whack at the Germans if they ever got into a quarrel with England, and I was not surprised to hear that he was at the front. I was pleased to learn that the doctor was using the Miramichi breast strap at the front. I think that he got that idea from your humble servant. I never had a man with me in the woods who could carry a heavier load than Dr. Wheeler. I once knew him to carry a hundred pound bag of sugar a distance of five miles. I have invited him to be my guest on a fishing trip on the Miramichi next summer, and I sincerely hope that he will accept."



GENERAL ALDERSON

Commander of the Canadian contingent from a picture taken at front.

Created a Knight Commander of the Bath, (K.C.B.), for Services at the Front as Commander of the First Canadian Division.

## BUTTER PAPER

Bring your Butter Paper to the Mail office or if you prefer we will supply and print you 500 sheets 1 ream for \$1.75 or 2 reams 1,000 sheets for \$2.75.

We use a Special Blue Butter Paper Ink. It will not run or stain Butter.

SPECIAL FOR SATURDAYS ONLY

1000 Butter Papers \$2.50. 500 Butter Papers \$1.50.

We also have in stock a quantity of Butter Paper without your name, just Choice Dairy Butter for 25c per 100.

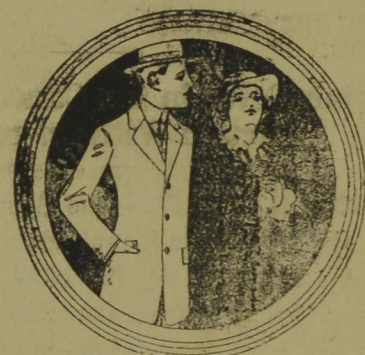
**The Mail Publishing Co.**

## A NEW YEAR'S MESSAGE

Many thanks for your patronage of the past twelve-month, and we trust to merit a continuance of your favor during the coming year.

Despite the anxious times through which we are passing, there is, we feel, every reason to look forward to a prosperous 1916, and wish for our friends a generous share in that prosperity.

**Vassie & Co., Ltd.,**  
Wholesale Dry Goods and Woolens  
ST. JOHN, N. B.



After all—since a Suit is made to wear—the best of all Suits is that which wears the longest.

MacKinnon's  
Clothing

not only wears long past the average Suit is cast aside but yet keeps its appearance and good looking all the time you wear it.

**J. A. MacKINNON** YORK STREET  
TAILOR and CLOTHIER

## -FEEDS-

Cornmeal, Cracked Corn, Whole Corn, Chop Feed, Feed Oatmeal, Middlings, Bran, Crushed Oats, Ontario White Oats, Feed Flour, Feed Wheat.

At LOWEST MARKET RATES.

Sold Wholesale by

**G. W. HODGE**  
Fredericton, N. B.

### GENERAL REPAIR SHOP

Auto, Bicycle and Motor Supplies  
Skate Grinding : : Gun Repairing  
Waterloo Boy Gas Engines

Motor Boat  
Repairs

**Wm. C. BURTT**  
FREDERICTON, N. B.

Gas  
Engines